

Diabetes Tool Box Dietary Management

This section is designed to introduce the learner to how to manage their diet.

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This educational material was developed using information from the following sources: The American Diabetes Association, The American Association of Diabetes Educators, The American Dietetic Association, and the American Association of Clinical Endocrinologists. As with any medical information, this is not to take the place of your provider's recommendations. Be sure to consult your healthcare provider regarding your individual diabetes treatment plan.

Dietary Factors That Affect Blood Sugar

Timing

- ☛ Eat at least 3 meals a day
- ☛ Eat at the same time
- ☛ Don't skip meals

Portion sizes

- ☛ Eat about the same amount
- ☛ Too much food raises blood sugar
- ☛ Too much food increases body weight



What you eat

Carbohydrate – Your main source of energy. 100% of carbohydrates turn into sugar. They usually affect the blood sugar within 2 hours. Don't avoid them, the key is keeping the amount consistent, watching your portion sizes, and choosing more complex carbohydrates with fiber.

Carbohydrate examples: grains, fruits, milk, sweets, starches, and starchy vegetables

Protein – Protein itself doesn't affect blood sugars much but almost all protein foods contain fat which can affect your blood sugars.

Protein examples: meat, eggs, cheese

Fat – Less than 10% of fat actually turns to sugar in your blood. But fat keeps your blood sugars higher for longer periods of time. A little bit of fat will only keep your blood sugars high for a short while. A high fat meal can keep your blood sugars higher for 12 hours or more! If you eat a high fat dinner check your blood sugars the next morning to see how high your blood sugars are.

Fat examples: oil, butter, nuts, margarine, high fat meat and dairy

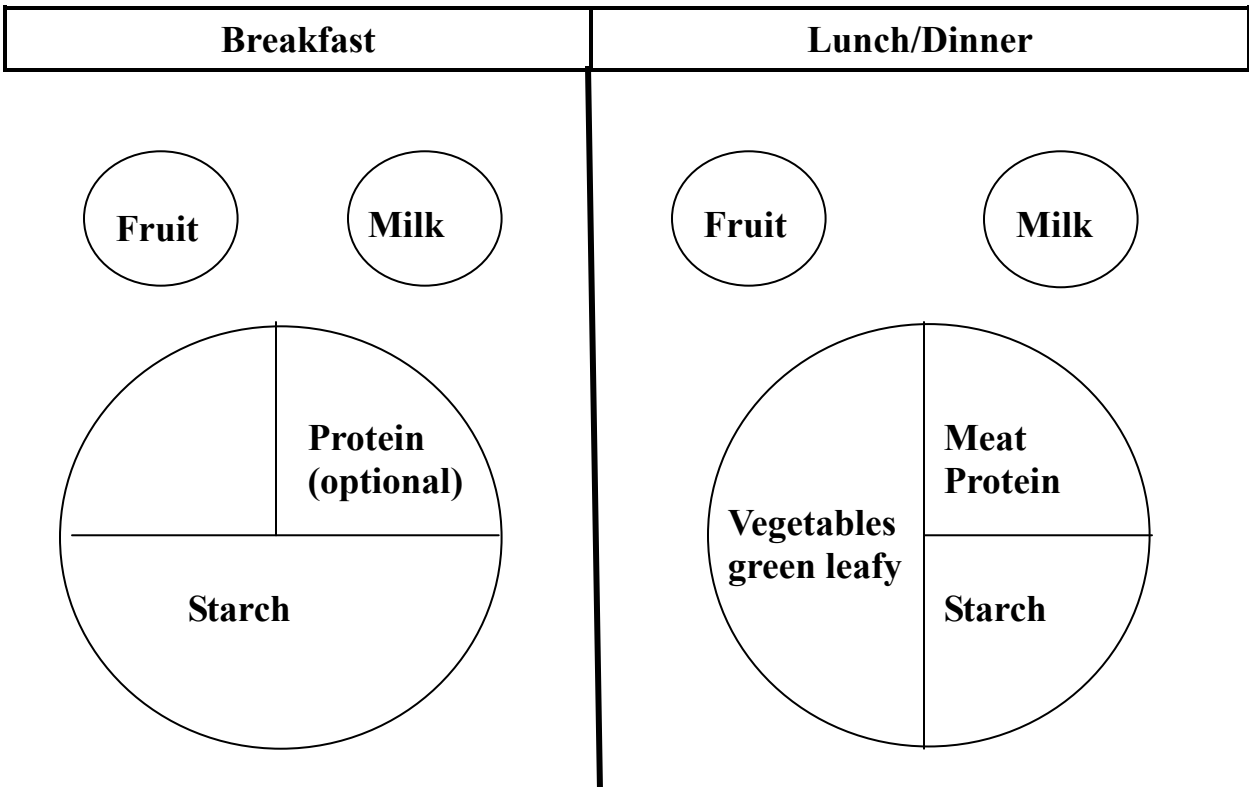
Remember: Carbohydrates turn into sugar 100% of the time



Four (4) Different Methods to Use to Control Your Diet

Plate Method for Meal Planning

A quick and easy meal planning technique, and a good starting point



If you can portion your foods in the patterns shown above, it will help you plan your meals simply. It will also help you stay in control on your diabetes.

Food Exchange Lists

This is an older method of meal planning. It takes into account all the food groups. These groups include the following: carbohydrates (starch, fruit, vegetables, milk), meat or meat substitutes, and fat. It counts carbohydrates as well as calories. You pick items off the lists carefully following the instructions. For information and exchange lists, ask your diabetic educator.

Carbohydrate Counting

This is a more flexible way to plan your meals that has had excellent results. It only tracks the total carbohydrates based on Eat 3 meals and 1-2 snacks daily. Choose 4 items for each meal and 1-2 for a snack. Better yet, learn to 'count' or add up all your carbohydrates.

Look for Total Carbohydrate:	
For each Meal	Choose 60 grams
For each Snack	Choose 15-30 grams
Total carbohydrate for the day	Approximately 240 grams

Each food listed below is **15 grams** of carbohydrate.

Breads		Cereals	
1/3	Bagel	3/4	Cup unsweetened cereal
1	Slice bread	1/2	Cup shredded wheat
1/2	Hamburger bun	1/4	Cup grape nuts
1	6-7 inch tortilla	1/4	Cup granola
1	4 ½ inch waffle	Juices	
2	4 inch pancakes	1/2	Cup apple juice
1	Small biscuit	1/2	Cup orange juice
Other Starches		1/3	Cup cranberry juice
1/3	Cup cooked rice	1/3	Cup grape juice
1/2	Cup cooked pasta	1/3	Cup prune juice
1/3	Cup baked beans	Fruit	
1/2	Cup corn and peas	1	Small apple
1	Small potato	1/2	Banana
1/2	Cup mashed potato	1/3	Cantaloupe
1/2	Cup sweet potato	1/2	Grapefruit
1/2	Cup beans	17	Small grapes
Starchy Snacks		1	Small orange
3	Cups popped popcorn	1	Cup raspberries
3	Gingersnaps	1/2	Cup canned fruit, no syrup
8	Animal crackers	2	Tablespoons raisins
6	Saltines	1	Tablespoon fruit spread
Dairy		1 1/2	Figs
1	Cup milk		
1	Cup plain/lite yogurt		
1/2	Cup evaporated milk		

Carbohydrate Counting, continued

Choose complex carbohydrates, such as those with more fiber, like vegetables, fruits, beans, and whole grains.

Don't forget, you need to add your choices of protein and fat. These will add calories, but generally not much carbohydrate. Choose lean meats, poultry, and fish. Use 'good' fats, like nut oils, in moderation.

There are other references on carbohydrate counting available through your dietitian or nurse. There are also classes available at the VA or contact the American Diabetes Association



Menus and Cookbooks from ADA

Month of Meals, recommended by many dietitians, is a menu planner series from the American Diabetes Association (ADA). It is a set of pre-planned menus for 28 days. It includes all meals and recipes. The cost is between \$15 and \$25 each.

Month Of Meals: All-American Fare, 3rd Ed.
Month Of Meals: Old-Time Favorites, 3rd Ed.
Month of Meals: Classic Cooking, 3rd Ed.
Month of Meals: Meals in Minutes, 3rd Ed.
Month of Meals: Soul Food Selections, 1st Ed.
Month of Meals: Vegetarian Pleasures, 3rd Ed.
Month of Meals: Festive Latin Flavors (Spanish)
Mes de Comidas: Sabor Festivo Latino



Other cookbooks and menu planners available:

101 Nutrition Tips for People with Diabetes

At Home With Gladys Knight-Personal Recipe For Living Well, Eating Right & Loving Right (Paperback)

Brand Name Diabetic Meals In Minutes

Charting a Course to Wellness, Tina and Graham Kerr

Complete Quick & Hearty Diabetic Cookbook

Cooking Up Fun for Kids With Diabetes

Cooking With the Diabetic Chef

Diabetes Quickflip Cookbook

Diabetes Snack Munch Nibble Nosh Book, 2nd Edition

Last Minute Meals for People with Diabetes

Magic Menus for People with Diabetes, 2nd Ed

Mix `n Match Meals in Minutes for People with Diabetes

More Diabetic Meals In 30 Minutes – Or Less!

Mr. Food: Every Day's a Holiday Diabetic Cookbook

Mr. Food's Quick & Easy Diabetic Cooking

New Family Cookbook for People with Diabetes

New Soul Food Cookbook For People With Diabetes

One-Pot Meals for People with Diabetes

Other references continued

Diabetic Cooking For Seniors	Quick & Easy Diabetic Recipes for One
Diabetic Meals In 30 Minutes Or Less	Quick & Easy Low-Carb Cooking for People with Diabetes
Forbidden Foods Diabetes Cookbook, The	Small Steps, Big Rewards Book and Pedometer Package
Graham Kerr's Simply Splenda® Cookbook	Small Steps, Big Rewards Book and Pedometer Package

These publications are available by mail from the American diabetes association at 1-800-342-2383 or check their web site www.diabetes.org or one of the discount online book stores.

Reading Food Labels

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 90		Calories from Fat 30	
% Daily Value*			
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	300mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein 3g			
Vitamin A 80%		•	Vitamin C 60%
Calcium 4%		•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Look at the serving size. If you are eating 2 servings, be sure to multiply the Total Carbohydrate by 2.

Look to see how many grams of Total Carbohydrate are in one serving of the packaged food. Ignore the percentage off to the right. Ignore sugar grams because they are included in total carbohydrate.

And note how much Sodium is in a serving. Sodium may be a problem if you have heart disease, high blood pressure, kidney or liver disease.

Also note how much Fat and the kinds of fat are in a serving. Try to avoid

saturated and trans fat also called hydrogenated fat.

In this example the food has 13g of carbohydrate in 1 cup. If you had 2 for your meal, that would be 26g of carbohydrate. If you are aiming for 60g per meal you could have 34g of additional carbohydrates at this meal.

Regarding label claims: Just because a product is labeled low fat, low sodium, low carb, or reduced sugar, it doesn't mean it is without these ingredients. The amount may surprise you. Also, sugar free does not mean carbohydrate free.

Weight Loss

Cutting back on calories is the most important thing to do in order to take off weight. The calories you use up need to be greater than the calories you take in. Activity increases the calories you use. You can also reduce the calories you eat, by reducing the amount and/or type of foods eaten. Then weight reduction will happen.



How do I know if I'm overweight?

Body mass index (BMI) and waist measures are common ways to check how you "measure up."

Recommended Body Mass Index: 27 or less (19-24 is a healthy BMI)
Waist Measurement: Males: 40 inches or less
Females: 35 inches or less

What are some tips to help with weight loss?

- ☐ List the reasons you have to lose weight. Post the list where you can see it daily, like on your refrigerator door or bathroom mirror.
- ☐ Identify a reasonable weight loss goal. Remember if you can take off 10% of your body weight, you can improve your blood sugars and your health.
- ☐ Post positive thoughts where you can see them. Thoughts such as: "I am successful at reaching my goal weight", "I can do this" and "I am in control".
- ☐ Keep a food diary and write down the reasons why you ate. Did you eat because you were hungry, or was it because you were bored, depressed, or at a special event?
- ☐ Wait out cravings for 20 minutes. Get your mind on something else. Take a walk, read a book, start that project you have been putting off. If you are still craving something after waiting, most likely it is true hunger and you should eat something that is good for you. If you decide to eat the food choice you are craving, then do it on a small scale.
- ☐ Drink water. We often confuse thirst for hunger.

Weight Loss, continued

- ☐ Cut back on portion sizes. Find out what a serving size really is.
- ☐ Cut back on fat and alcohol. Fat and alcohol are both very dense in calories.

Fat	9 calories per gram
Alcohol	7 calories per gram
Protein	4 calories per gram
Carbohydrates	4 calories per gram

- ☐ Increase your activity, if you are able. A relaxed walk can make a difference in how you feel, in your blood sugars, and in your weight.
- ☐ Explore your emotional feelings involving food. Identify some other ways to deal with these feelings that doesn't involve food.
- ☐ Join a support group, such as: Weight Watchers, TOPS, Overeater's Anonymous or find a supportive person or buddy to help you. Take the dog for a walk.

Rules of thumb:

- 👍 Eat 10 calories for every pound you want to weigh. For example: if you want to weigh 150 pounds, you should eat about 1500 calories each day.
- 👍 Choose a realistic target weight for your age and medical conditions.
- 👍 About 50% of your calorie intake should be carbohydrates. That leaves 50% from a combination of fat and protein.
- 👍 Remember a safe weight loss is 1-2 lbs a week, which means you need to decrease your calories by 500, each day.

What About Alcohol?

Can I drink alcohol?

- ☑ You should discuss this question with your provider first. Then check with your dietitian on how to include it in your meal plan.
- ☑ If you choose to drink alcohol, then you should do so occasionally and never exceed the recommendations for diabetics.
- ☑ Alcohol can interact with your diabetic medication. Check with your provider or pharmacist.
- ☑ If you are allowed to drink alcohol, drink in moderation. The recommended maximum is 1 drink per day for women and 1–2 drinks per day for men. This is only when your blood sugars are well controlled and you are eating food at the same time that you have a drink.



What happens when I drink alcohol?

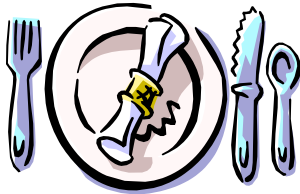
- ☞ After drinking alcohol, your blood sugar may rise and then fall. This results in low blood sugars or “hypoglycemia.” This response can occur up to 12 hours after your last drink.
- ☞ Also if you drink alcohol you may not recover from a severe low blood sugar, because the stored sugar in the liver, will be on hold, until the effect of the alcohol wears off. If you take glucagon injections to reverse a low blood sugar, it may not work.
- ☞ Symptoms of low blood sugar can be similar to being drunk. It is important to wear medical identification.
- ☞ Alcohol may have no carbohydrates but it has almost twice the calories of carbohydrates and can cause weight gain. See previous page.
- ☞ Alcohol may cause or aggravate ulcers, pancreatitis, liver disease, vitamin deficiencies, and diabetic neuropathy.
- ☞ Alcohol can also elevate triglycerides.

Table of alcoholic beverages

Beverage	Serving Size	Carbohydrates (grams)	Calories
Beer - regular	12 oz	13	151
Beer - light	12 oz	5	112
Bourbon/whiskey 80 proof	1 oz	0	65
Brandy	1 oz	.5	73
Highball	8 oz	Trace	166
Wine - table	3.5 oz	Trace	87

Remember: If you drink alcohol, drink occasionally and follow the recommendations of your health care providers!

Ways to Manage My Diabetes



Food



Activity



**Foot
Exams**



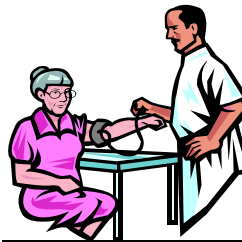
Check Sugars



Smoking



Alcohol



Check Ups



**Other
Things**

These topics are very important to your health. No patients do these perfectly. It's best to work on one at a time. You won't be pushed into changing. Which one do you want to discuss?

1. My diabetes:

A1C goal: _____ My Lipid goal: _____ My BP goal: _____

2. My specific goal is to:

3. The steps I plan to take in changing are:

Ways to Manage My Diabetes, continued

4. **Challenges that might interfere:**

5. **How I will handle these challenges:**

6. **I will know my plan is working if:**

Remember: Ask for help to identify some reasonable goals

Date	Blood Sugar	Food Beverages	How Much	Activity	Time Spent
Breakfast Time:					
Lunch Time:					
Dinner Time:					
Bedtime Time					
Snack Time:					
Snack Time:					
